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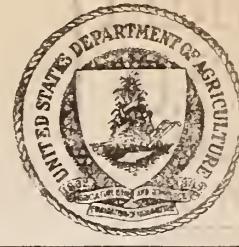
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INFORMATION FOR THE PRESS



U. S. DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION  
PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
NOVEMBER 1, 1933 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture.

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or
A fruit or additional vegetable	cheese
Milk for all	

RICE

Some foods, like some people, are good mixers. Rice is one. It mixes well with almost anything. It readily takes on flavor from other foods, and lends its delicate texture to modify theirs, but keeps its own identity. Thus it makes good flavors go farther. It is an economical food for this reason as well as because of its price.

In food value, white rice is an energy giver. That is to say, it plays the same part the other grains play in the diet, and serves that purpose admirably. The point is, according to the Bureau of Home Economics of the U. S. Department of Agriculture, you cannot depend upon any of the grains alone. Polished rice, the ordinary white rice, has about the same food value as highly milled wheat flour. It is composed chiefly of a very digestible starch.



For this reason, says the bureau, if you are trying to keep down food costs, it is a good thing to cook rice in milk. In that combination you have a good start for a well-rounded diet. As with other cereals and milk, you can get along with fewer foods, and cheaper ones, than if you begin with any other combination.

The cheapest rice is white rice, sold in bulk. This is the rice grain after it is milled and polished. Rough rice, or paddy, as it is called, is the rice grain in its hull. The hull is unfit for food, but the kernel after the hull is removed is what we know as brown rice. In the bran layers of that kernel, and in the germ, are some of the best food values of rice, for most of the protein, minerals, and vitamins are here.

But the brown rice grains become rancid if kept very long on the grocery shelves. This, and the fact that dealers say the demand for brown rice is small, make the cost of handling greater and explain why brown rice sells for a few cents more per pound than white rice.

In the neighborhood of rice mills, brown rice may be cheaper. And sometimes you can buy the rice polishings very cheap. This may be a good investment as an addition to the white flour or cornmeal you use in bread. It adds the mineral and vitamin values of the germ and the bran coats of the rice kernel.

Rice cooked in milk for breakfast; rice in soups; rice with gravy; rice and fish; meat stews in a rice ring; rice in hot breads, fritters, or pancakes; rice scalloped with tomatoes; rice creole; rice and cheese croquettes; rice with prunes almost or raisins; rice puddings-- these are some of the countless rice dishes the house-keeper can provide at very modest cost to the great satisfaction of most families.

To cook rice, boil it gently in plenty of water (2 quarts of salted water to 1 cup of rice). When cooked the grains should be tender but unbroken, and should stand apart. For best results with brown rice, cover it after 30 minutes of gentle boiling, and let it simmer until it is cooked through and the water is absorbed.



Rice was not growing in this country when the first settlers came, but was introduced from Madagascar by a roving sea captain in 1694. Now, we grow nearly 39 million bushels a year, chiefly in Louisiana, Texas, California, and Arkansas.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereal . . . . .	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk . . . . .	25 - 31 tall cans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . . .	2½ "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs (for children) . . . . .	8 eggs.

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MENU FOR ONE DAY

Breakfast

Wheat cakes - Sirup  
Tomato juice for youngest child  
Coffee (adults) - Milk (children)

Dinner

Supper

Vegetables Au Gratin - Hot Biscuits	Fried Salt Pork - Milk Gravy
Prune and Peanut Salad	Boiled Rice - Fried Apples
Hot Tea (adults) - Milk (children)	Milk for all

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RECIPES

Feef and Ham Gumbo in Rice Ring

$\frac{1}{2}$  pound cured ham, diced  
 $\frac{3}{4}$  pound beef, diced  
2 tablespoons chopped parsley  
1 onion, sliced  
1 green pepper, chopped fine  
 $\frac{1}{2}$  cup chopped celery

1 pint water  
1 quart tomatoes, fresh or canned  
1 quart okra, canned, or dried  
and soaked  
Celery seed, if desired  
Salt and pepper to taste



Cook the ham and beef until browned in a large heavy frying pan. Add the parsley, onion, green pepper, and cook for a few minutes. Add the water and tomatoes, cover, and simmer until the meat is almost tender. Then add the okra. Season to taste and simmer uncovered until the okra is tender and the stew has thickened. Serve the gumbo in a rice ring made as follows:

#### Rice Ring

1 cup rice	2 tablespoons butter
4 cups water	2 dashes Tabasco sauce
1 teaspoon salt	

Wash the rice well, and sprinkle it into the rapidly boiling salted water. Cook for about 20 minutes, or until the rice is tender and the water absorbed. Add the seasonings, put the rice into a well-greased ring mold, and pat it down. Reheat in the oven, turn onto a round platter, fill the center with the gumbo, and serve at once.

#### Rice and Corn Muffins

2 cups corn meal	1 cup cooked rice
1 tablespoon sugar	2 cups sweet milk
$\frac{1}{2}$ teaspoon salt	1 egg
$2\frac{1}{2}$ teaspoons baking powder	1 tablespoon fat

Sift the meal, the sugar, the salt, and the baking powder together. Mix the rice, the milk, the well-beaten egg, and the melted fat; then add the meal and other dry ingredients. Bake the mixture in well-greased muffin pans. This will make 14 to 18 average muffins.

#### Italian Baked Rice

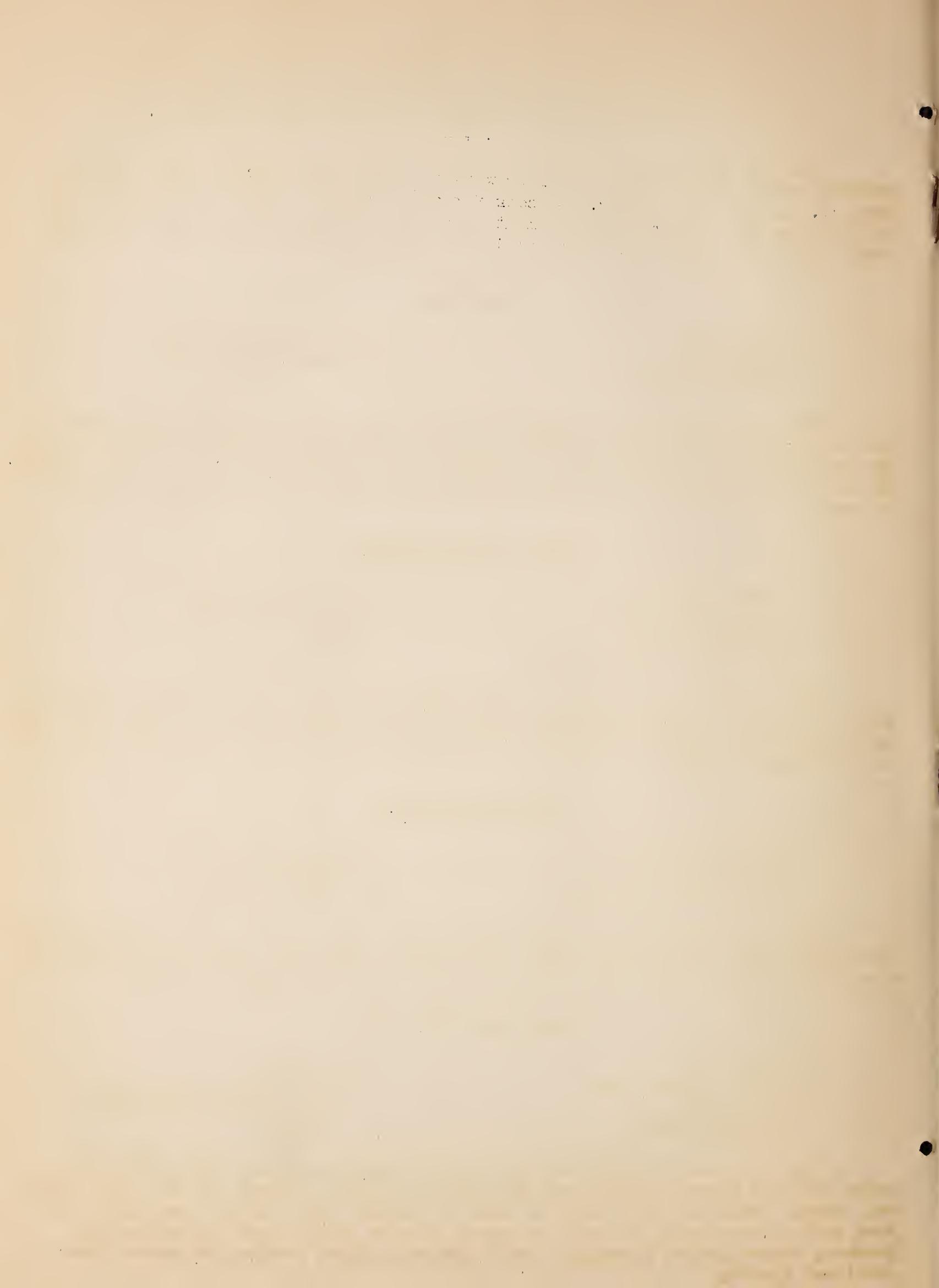
4 cups cooked rice	$1\frac{1}{2}$ cups tomato juice
$\frac{3}{4}$ cup grated cheese	2 teaspoons salt
$\frac{1}{2}$ cup chopped pimiento	$1/8$ teaspoon pepper

Mix the ingredients well together and pour into a baking dish. Cover the top of the dish with the pulp left from straining the tomatoes. Bake for 30 minutes in a moderate oven and serve hot. This dish will make ten average servings.

#### Creamy Rice with Fruit

$\frac{1}{2}$ cup rice	$\frac{1}{2}$ cup sugar
2 cups boiling water	2 cups chopped fresh fruit or
$1\frac{1}{2}$ cups milk	dried fruit soaked and
$\frac{1}{2}$ teaspoon salt	cooked

Cook the rice over direct heat in the 2 cups of boiling water. When the water has been almost absorbed put the rice in a double boiler, add the milk, salt, and sugar. Cover and cook until the rice is tender. Mix the rice and fruit and when chilled serve with top milk or cream. For the fruit, tart apples, canned peaches, canned grated pineapple, dried apricots, dried peaches, or prunes give excellent flavor.



# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



RELEASE FOR PUBLICATION  
NOVEMBER 8, 1933 (WEDNESDAY)

WASHINGTON, D. C.

### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

#### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

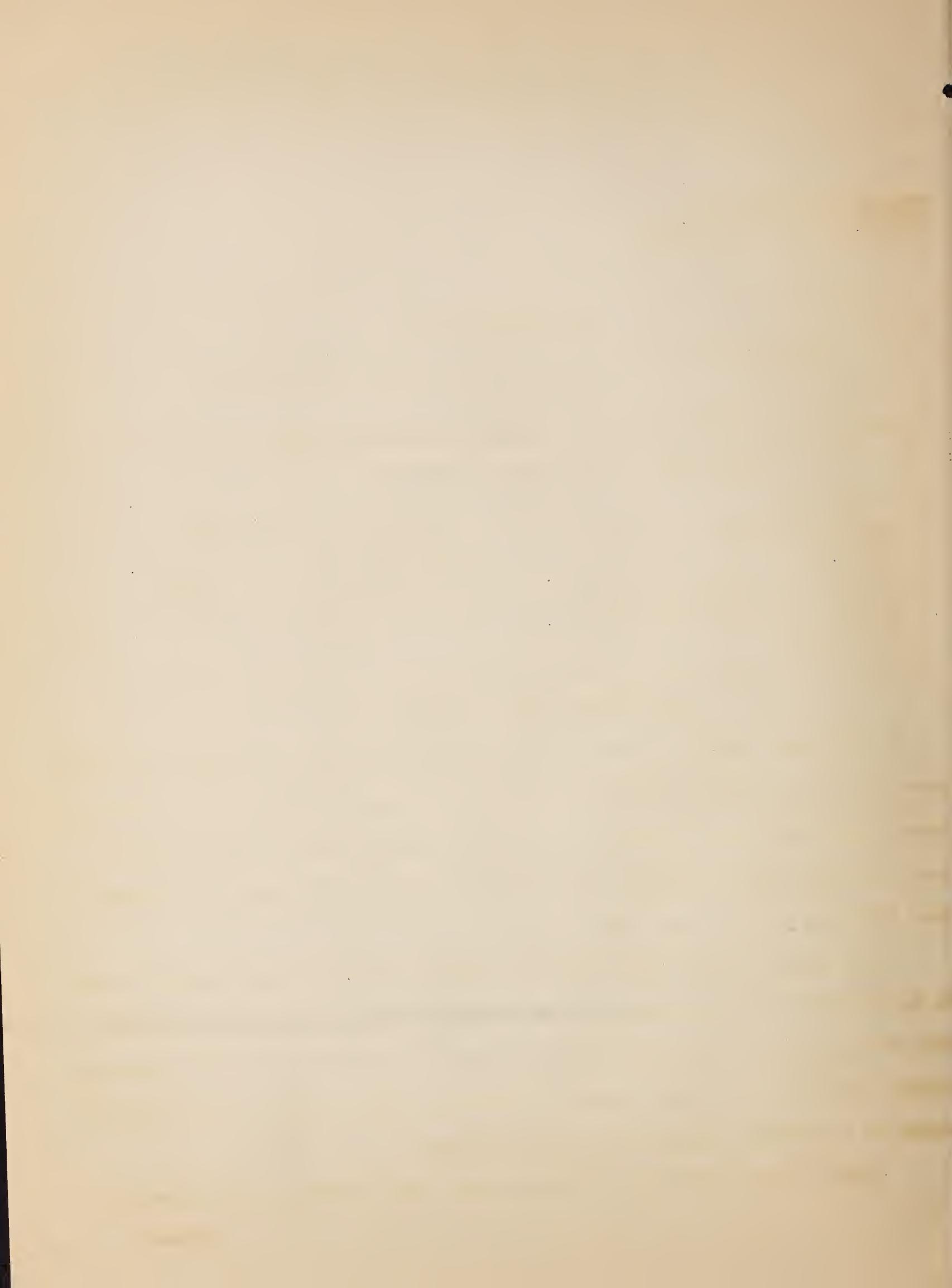
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or
A fruit or additional vegetable	cheese
Milk for all	

#### YOUR MONEY'S WORTH IN CANNED FOODS

As winter comes on, the business of keeping the family food bill down becomes more than ever a matter of really knowing food values. It becomes also a matter of knowing your cans, and how much the cans hold. Canned tomatoes, canned corn and beans and peas, canned peaches, and other canned goods are for most of us cheaper than the fresh foods at this time of year.

How closely do you notice the cans? asks the Bureau of Home Economics of the U. S. Department of Agriculture. Do you read the label, to see what you are getting for your money? And having read the label, do you keep track of the size you bought last week at ten cents a can, and compare it with the cans you got today at three for a quarter-- thinking they were a bargain?

There are cans and cans. Unless you have looked closely at the sizes, set



up in a row, you may not realize how many there are. Even as they stand in a row, you probably would not realize what different quantities they hold, if you trust to your eye alone. Measure them, says Mr. Paul M. Williams, marketing specialist of the Bureau of Agricultural Economics, and you will be astonished by the difference a fraction of an inch can make.

One size of can which when empty will just slip inside the next larger size holds a quarter of a pound less corn or lima beans than the larger one. And these are common sizes of cans for vegetables, Mr. Williams points out. One is known as the No. 2 can, which holds 20 ounces net. The other is a little smaller, and holds an even pound. It is known to the trade as No. 303. The weight of its contents is about the same as a No. 1 tall can-- 16 ounces. But No. 303 is a different shape. It looks like No. 2, but is actually about an eighth of an inch shorter, and is a quarter of an inch less in diameter than the No. 2. You can hardly tell the difference as you see them on the shelves, or even in your hand, unless you observe them closely.

When you read advertisements offering baked beans, 6 cans for 25 cents; or lima beans, 3 medium cans for 20 cents; or standard tomatoes, 3 medium cans for 20 cents, you have to figure things out for yourself like this: If "medium cans are No. 303 cans, holding 16 ounces, you would be paying 6.6 cents per pound for your tomatoes. If "medium" cans are No. 2 cans, you would be paying 5.6 cents per pound. Or, to put it the other way round, you would get 9 ounces more for your 20 cents in the one case than in the other. If you were buying corn, which is heavier than tomatoes, you would get 12 ounces more for your 20 cents.

The answer, of course, is: Never forget to read the label on canned goods. It tells you how much the can holds, and helps you to get your money's worth.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16	lbs.
Flour . . . . .	1 - 2	"
Cereal . . . . .	4 - 6	"
Whole fresh milk, or	23 - 28	qts.
Evaporated milk . . . . .	25 - 31	tall cans
Potatoes . . . . .	15 - 20	lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2	"
Tomatoes, fresh or canned, or citrus fruits . . . . .	6	"
Fats, such as lard, salt pork, bacon, margarine, butter, etc. . . . .	2½	"
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 20	"
Sugar and molasses . . . . .	3	"
Lean meat, fish, cheese, and eggs . . . . .	5 - 7	"
Eggs (for children) . . . . .	8	eggs

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MENU FOR ONE DAY

Breakfast

Rice with Sugar and Cinnamon, top milk  
Toast  
Tomato Juice for youngest child  
Coffee (adults) - Milk (children)

Dinner

Scalloped Salmon - Baked Potatoes  
Hot Biscuits - Baked Apples  
Tea (adults) - Milk (children)

Supper

Corn Fritters - Turnip greens  
Milk for all

RECIPES

Scalloped Salmon

1 pound can salmon (2 cups)	$1\frac{1}{2}$ cups milk
2 tablespoons butter	$\frac{3}{4}$ teaspoon salt
2 tablespoons flour	1 cup buttered bread crumbs

Break the salmon into pieces and remove the bones. Prepare a sauce of the fat, flour, milk, and salt. Place a layer of the salmon in the bottom of a greased baking dish, add some of the sauce, then another layer of salmon, and so on until all the ingredients are used. Cover the top with the buttered bread crumbs and bake in a moderate oven until the sauce bubbles up and the crumbs are brown.

Broiled Canned Peaches

Drain halves of canned peaches from the syrup, place in a shallow baking dish, pit side up, pour over them a small quantity of melted butter, and add a very little salt. Broil under a flame or bake in the oven until the peaches are hot through and lightly browned. Serve hot with the meat course or as dessert.

Corn Fritters

$1\frac{3}{4}$ cups sifted soft-wheat flour	1 egg
2 teaspoons baking powder	1 cup drained canned corn
$\frac{3}{4}$ teaspoon salt	1 tablespoon melted fat
1 cup liquid, either juice from canned corn or milk, or the two mixed	

Mix the flour, baking powder, and salt. Mix the juice from the canned corn, or milk, or whatever liquid is used, the egg after it has been beaten slightly, and the canned corn. Stir this liquid/<sup>mixture</sup> gradually into the dry ingredients. Add the melted fat. If the corn is very moist, even after the liquid has been drained from it, more flour may be needed. Dried corn which has been soaked and cooked until tender may also be used.

Fry the corn fritters in deep fat (at 365° F.) or, if preferred, brown in shallow fat. In either case drop the mixture by spoonfuls into the fat. Drain the fritters on absorbent paper and serve hot.



# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
NOVEMBER 15, 1933 (WEDNESDAY)

### THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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### FAMILY FOOD GUIDE

Every meal -- Milk for children, bread for all

Every day --	Two to four times a week --
Cereal in porridge or pudding	: Tomatoes for all
Potatoes	: Dried beans and peas or peanuts
Tomatoes (or oranges) for children	: Eggs (especially for children)
A green or yellow vegetable	: Lean meat, fish or poultry
A fruit or additional vegetable	: and cheese
Milk for all	

### CHEAP FRUIT DESSERTS FOR WINTER

Let us turn once more to the low-cost weekly market list suggested by the Bureau of Home Economics of the U. S. Department of Agriculture. It is a list of foods for an "adequate diet at minimum cost," or balanced supplies for 7 days' meals. It includes milk and cheese; bread and cereals; vegetables and fruits; fats; sugar; meats, fish and eggs. Let's talk of fruits this time.

That leads, first off, to apples, which are more or less in season all the year, but especially in the fall and winter. In most places, too, apples are cheap. Dried fruits, however, are usually the cheapest fruits of all - especially prunes, raisins, peaches, and apricots, besides dried apples. And some canned fruits, especially sliced peaches, some cherries, apple sauce, and sometimes pineapple, may come within our budget.



In this food budget for a family of five there are  $1\frac{1}{2}$  pounds of dried fruit, and about  $3\frac{1}{2}$  pounds of other fruit, fresh or canned. Drawing from the cheapest fruits of their kind, what can you do with these quantities for one week's meals?

The answer will depend upon what the family likes, but let us try them on prunes. The best "buy" in prunes -- that is, the most prune meat for the money -- is usually the smaller prunes which also as a rule cost less per pound than the larger ones. Half a pound, then, say 30 to 40 prunes, would make 6 to 8 prunes for each member of the family, if stewed for dessert. Of course, there are other ways of using prunes which some people find more interesting. Spiced prunes, for instance; or jellied prunes; or, if you have the eggs, prune whip. If you don't want prunes for dessert, you can use them in salad, stuffed with cottage cheese and a peanut apiece in place of the prune pit.

For another day's dessert you could use peaches, either canned, or dried. A No.  $2\frac{1}{2}$  can (1 pound, 13 ounces) of sliced peaches will yield 5 to 7 servings, for probably 17 cents or thereabouts. (Read the label to make sure you are getting the can-size and the quantity of fruit you want). Canned peaches are good enough just "so" -- but if you want a peach shortcake, a peach tapioca, a peach pie or a cobbler, a smaller can of peaches will do, and the dessert will be more filling. Peach salad, with cottage cheese, is another possibility.

Dried peaches, which are cheaper than the canned fruit, can be used in the same ways, and some others. Dried peaches make good fried pies, or peach tapioca. When stewed they make a good sauce to be served with meat, with a cornstarch pudding, or with cake. And dried peaches are a good source of iron as well as vitamin A.

Raisins are cheap, and they go a long way in desserts. Rice and raisins pudding, suet pudding, raisin cookies or cakes, raisin muffins, raisins with your cereal at breakfast -- all these are tempting uses of a nutritious fruit.



Apples are good enough to serve two days a week, which would make five days for which we have provided fruit. Apple pie, apple dumpling, apple brown betty, apple cake, scalloped apples, baked apples, fried apples with bacon, raw apple, cabbage and peanut salad, apple tapioca, apple compote, all the way up, or down, to apple sauce, which by the way, makes a good shortcake -- here is variety enough to make two very different meals with apples. Or you can serve raw apples and get all the food values of the fruit. Dried apples make good fried pies and turnovers.

For the sixth day, we can have a dish of stewed prunes and apricots, or we can make a prune and apricot pie, which is very good pie indeed. Either of these will call for 1/4 pound of each fruit. Finally -- shall we say for Sunday dinner? -- we might buy a small can of pineapple and make a pineapple upside-down cake. A can holding five slices costs as a rule about 10 cents. Crushed pineapple is cheaper, and you could make a very attractive and not very different dessert by serving this as a sauce over a cup cake.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16	lbs.
Flour . . . . .	1 - 2	"
Cereal . . . . .	4 - 6	"
Whole fresh milk, or	23 - 28	qts.
Evaporated milk . . . . .	25 - 31	tall cans
Potatoes . . . . .	15 - 20	lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2	"
Tomatoes, fresh or canned, or citrus fruits . . . . .	6	"
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 18	"
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . . . .	2 $\frac{1}{2}$	"
Sugar and molasses . . . . .	3	"
Lean meat, fish, cheese, and eggs . . . . .	5 - 7	"
Eggs (for children) . . . . .	8	eggs

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and other members of the

• 10:00 AM - 10:30 AM: Welcome and Introduction

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MENU FOR ONE DAY

Breakfast

Cracked Whole Wheat Porridge  
Brown Sugar and Top Milk  
Tomato Juice for youngest child  
Coffee (adults) - Milk (children)

Dinner

Roast Stuffed Spareribs  
Creamed Potatoes - Scalloped Apples  
Bread and Butter  
Milk for all.

Supper

Grated Carrot and Cabbage Salad  
Cooked Salad Dressing  
French Toast and Butter  
Milk for children.

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RECIPES

Scalloped Apples

Pare, core, and slice tart apples of a kind that will hold their shape when cooked. Place a layer of the sliced apples in a baking dish, sprinkle with sugar, and dot with butter. Put in another layer of apples and press down, add more seasoning, and keep on until the dish is heaping full. Cover the dish and cook the apples slowly for from 1 to  $1\frac{1}{2}$  hours in a moderate oven. Fifteen minutes before the apples are to be served, remove the cover, and spread buttered bread crumbs over the top. Return to the oven and let the crumbs become golden brown and crisp. The apples will be in whole pieces, almost transparent, and some kinds will be pink in color. Scalloped apples are good served hot with the main course of dinner or supper.

Fried Pies

1-1/2 cups sifted flour  
3 teaspoons baking powder  
3/4 teaspoon salt

2-1/2 tablespoons lard  
6 tablespoons milk  
1-1/2 cups sweetened fruit  
(Canned or cooked dried fruit)

Make a biscuit dough from the flour, baking powder, salt, lard, and milk. Roll the dough 1/8 inch thick and cut into circles 6 inches in diameter. Place 1/4 cup of the fruit on each circle, leaving a clear margin of dough. Moisten this edge and fold one half the circle over the fruit and press the edges firmly together. Grease a hot frying pan with a little lard and brown the pies on both sides.

Seasoned chopped meat may be substituted for the sweetened fruit.

Apple Sauce Shortcake

Make biscuit dough, with added fat and a little sugar. Bake in a sheet, or in biscuit size, split and butter while hot. Make a thick apple sauce, and just before serving, spread between and over the hot shortcake.



# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
NOVEMBER 22, 1933 (WEDNESDAY)

### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture.

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### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

: Every day --	: Two to four times a week --
: Cereal in porridge or pudding	: Tomatoes for all
: Potatoes	: Dried beans and peas or peanuts
: Tomatoes (or oranges) for children	: Eggs (especially for children)
: A green or yellow vegetable	: Lean meat, fish, or poultry or
: A fruit or additional vegetable	: cheese
: Milk for all	

### THE VEGETABLES IN A WEEK'S LOW COST SUPPLY

The housekeeper who is very hard pressed counts literally every pint and pound, as well as every penny that goes into the family meals. She probably plans her main dish, not just for today, but for each of the next several days. The money goes further when she figures it out that way -- down to the number of pounds of potatoes, tomatoes, beans, greens, and other vegetables, fruits, meats, milk, bread, and so on, to see the family through the week.

But if you have not been planning as closely as that, you may find it hard to work into your list all the foods that are needed to keep the family well and fit. This is usually hardest to do when it comes to vegetables.



As a guide for this purpose, the Bureau of Home Economics of the U. S. Department of Agriculture has figured out a low-cost vegetable budget. If the family includes father, mother, and three children under fourteen years of age, the Bureau says you need at least the following quantities of these different kinds of vegetables for a week: 13 pounds of potatoes, 6 pounds of tomatoes, 7 pounds of leafy green or yellow vegetables, 2 pounds of dried beans, peas, peanuts, or peanut butter,  $3\frac{1}{2}$  pounds of other vegetables.

That is enough vegetables to balance the cereals and meat and sugar and fats you will need, says the bureau, although more vegetables would be better. This budget will provide, for the family of five, potatoes or sweetpotatoes every day, greens, tomatoes, dried beans, peas or peanuts each several times a week, with other vegetables now and then. For example:

There are potatoes enough to serve them baked, whole or in the half shell, browned, boiled scalloped mashed, fried or hashed brown, creamed, or as potato salad -- seven potato dishes for seven days. Or if you live where sweetpotatoes are cheaper, you will be able to ring the changes on baked, boiled, candied or scalloped sweetpotatoes with or without apples, plain mashed sweetpotatoes, or sweetpotato puff. Baking or boiling in the skins or cooking in a casserole are the best ways to conserve the food values of potatoes of either kind.

The list provides 7 pounds of leafy or other green vegetables, or yellow vegetables, and some one of these is intended for every other day at least. Raw cabbage is counted next to tomatoes for vitamin C, and that suggests cabbage salad or cold slaw as good ways to use some of your cabbage. But paned cabbage, and five-minute creamed cabbage are other inviting possibilities -- always being sure to use the greenest leaves, and cook them a very short time. Turnip greens, or collards, or spinach, or kale, carrots or yellow squash, or yellow turnips, snap beans, or green peas, (canned for this time of year), are other items for



this part of the vegetable list. Creamed greens, of course, or greens panned in milk, have the extra food values of the milk. For one day the family might enjoy a vegetable curry, or creamed mixed vegetables, or vegetables au gratin, made of left-overs.

For a family of five you will probably buy tomatoes in No. 2 cans, which hold 1 pound, 3 ounces net weight. Five such cans would be enough for scalloped tomatoes one day, Spanish rice (with tomatoes) another day, kidney beans or dried limas and tomatoes, or stewed tomatoes, a third day, and this would leave enough to make tomato juice cocktail for a fourth day -- provided the youngest member of the family is more than 2 years old. If there is a baby, he should have at least a fourth of a cup of tomato juice every day, and this would use up most of one can of tomatoes. To make this juice, it is best to put the canned tomatoes through a sieve. The pulp will go through if pressed a little, and there will be practically nothing left but seeds.

The 2 pounds of dried beans, peas, peanuts or peanut butter, might be divided into  $1\frac{1}{2}$  pounds of beans or blackeyed peas, and half a pound of peanuts. You could have beans three days in the week in varying styles - boiled beans with salt pork, bean soup, beans scalloped with tomatoes, baked beans. Then you could use your half pound of peanuts in a dish of onions scalloped with peanuts.

Potatoes, greens, tomatoes, and dried beans or peas are the regulars in the low-cost food schedule because of their unusual food values and the many ways they can be used. Plenty of these vegetables are needed to make sure of minerals and vitamins enough to balance the starches, proteins, and fats and sugars of the other foods on your weekly list.

Your family is better off with more minerals and vitamins and your table is more attractive with a greater variety of vegetables. And the chances are you would not eat enough of the same foods over and over, because you would grow tired



of them. It is best to widen your choice to include beets, onions, canned corn, and any other vegetables you can afford, and 3-1/2 pounds of these additions are counted in the vegetable budget (2 pounds onions, a 1-pound can of corn and a bunch of beets). Baked onions, stuffed with peanuts, or sliced onions scalloped with peanuts, or glazed onions, may fit agreeably into one day's dinner. Corn chowder, or corn fritters, succotash made with left-over beans, or just stewed corn will taste good another day. Onion soup with cheese, and buttered beets or Harvard beets some time during the week would add still more variety to your bill of fare.

#### RECIPES

##### Scalloped Cabbage, Spaghetti, and Cheese

$1\frac{1}{2}$ cups spaghetti broken in small pieces	1 teaspoon salt
3 tablespoons flour	$\frac{1}{2}$ pound American cheese
3 tablespoons butter or other fat	1 quart shredded cabbage
2 cups milk	$\frac{1}{2}$ cup buttered bread crumbs

Cook the spaghetti in boiling salted water for 20 minutes, and drain. Make a sauce of the flour, fat, milk, and salt. Shave up the cheese, add to the hot sauce, and stir until melted. Put the cabbage, spaghetti, and sauce in a buttered baking dish in layers and cover the top with the buttered bread crumbs. Bake for 20 to 30 minutes in a moderate oven.

##### Baked Sweetpotatoes with Raisins

6 medium-sized sweetpotatoes	$\frac{1}{2}$ cup top milk
1 teaspoon salt	1 tablespoon melted butter
$\frac{1}{2}$ cup raisins, plumped	

Wash and cook the potatoes in their skins. When tender scrape off the skins and mash the potatoes or force through a potato ricer. Mix the milk, melted butter, and salt with the potato and beat until light. Pour hot water over the raisins, and let them stand for a few minutes until plumped; then drain, and add to the sweetpotato. Grease a baking dish and pile the potato lightly into the dish. Put in a medium oven to heat through and brown lightly over the top. Serve from the dish in which cooked.



Vegetable Curry

$\frac{1}{2}$ cup rice	2 tablespoons butter or other fat
1 cup diced onion	$\frac{1}{2}$ teaspoon salt, or to season
1 cup diced carrots	$\frac{1}{4}$ teaspoon curry
1 cup chopped cabbage	
1 cup fresh or canned peas	

Wash and cook the rice in three pints of gently boiling salted water. Drain and put in a colander and pour hot water over the rice. Then stand the colander over steam until the grains swell and separate. Cook the vegetables in a small quantity of water and just before removing from the stove add the canned peas. Or if fresh peas are available, cook them with the other vegetables. Add the seasonings to the vegetable liquor. Make a ring of the cooked rice, place the vegetables in the center, and pour over them the liquid mixture. Serve very hot.

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